

Pedro Menendez Volleyball Summer Conditioning Program

Day 1 (enter date)	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Supersets - 3 rotations							
Bench (3x12)							
Bicep Curls (3x12)							
Reverse Push Ups (3x25)							
Supersets - 3 rotations							
Squats (3x12)							
Leg Curls (3x12)							
Leg Extention (3x12)							
Abs-							
Sit ups (3x30)							
Toe Touch (3x30)							
Scissors (3x30)							
Conditioning-							
100s - 6 reps							
50s - 8 reps							
Day 2 (enter date)	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Supersets - 3 rotations							
Shoulder Press (3x12)							
Lat Pull Down (3x12)							
Push Ups (3x12)							
Abs-							
Sit Ups (3x30)							
Superman (3x30)							
Conditioning-							
200s - 5 reps							
400s- 5 reps							
Day 3 (enter date)	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Supersets - 3 rotations							
Squat Jumps (3x12)							
Lungs (3x12)							
Jump Rope (3x1 min)							
Push Ups (3x12)							
Abs-							
Choice							
Conditioning-							
800s- 2 reps							
Mile Time							

Supersets are three or four excercises done in a row with no rest and then repeat

